

Student learns cold lesson about being prepared

Walking down the crowded front of Highway 404 at 4:30 a.m. on the coldest night of the year, I walked alone.

That's a huge lesson I learned after my car ran out of gas on my way home from the library on Jan. 22.

I was coming from outside when I had a 10-minute walk, thinking only of getting to the library. I was wearing a full jacket that didn't keep me warm, and I was walking towards where I thought the library was, not where it actually was.

As I was walking, I thought about how I was going to get home. I was thinking about how I was going to get home. I was thinking about how I was going to get home.

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Jason Middleton

SPQR2

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Alumni Services welcomes new member

By ELIZABETH GALL

Cambridge's Alumni Services (AS) is a new service and the purpose of the new service is to help alumni.

Margie Wilkins, of Cambridge Alumni Services, is the new service and the purpose of the new service is to help alumni.

After spending 17 years at the University of Cambridge, Wilkins is now at the University of Cambridge, where she is the new service and the purpose of the new service is to help alumni.

The new service will help alumni with their studies and research. Wilkins is now at the University of Cambridge, where she is the new service and the purpose of the new service is to help alumni.

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From the Sanctuary

If there is one thing that is consistent at Cambridge College, it is that students like to hang out in groups.

Look around the Sanctuary, the cafeteria, the library and computer lab and you will see students studying together, working together, getting things done and even just laughing with each other over a game of cards or board games. The student body is a mix of people, but they are all here for the same reason: to learn.

Cambridge College is a place where students can find a community. It is a place where students can find a place to belong. It is a place where students can find a place to grow.

The Sanctuary is a place where students can find a community. It is a place where students can find a place to belong. It is a place where students can find a place to grow.

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DROP BY THE RECREATION CENTRE TODAY AND TAKE PART IN A HEALTHY LIFE STYLE



FITNESS SCHEDULE JANUARY 2020

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am - 11:00am Group Fitness	10:00am - 11:00am Group Fitness	10:00am - 11:00am Group Fitness	10:00am - 11:00am Group Fitness	10:00am - 11:00am Group Fitness	10:00am - 11:00am Group Fitness
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RECREATION CENTRE

Convenient and fast foods contribute to obesity

By GILBERT ROYCE



Obesity often is a

highlighted and high calorie foods have become part of everyday life for many Canadians.

Does your waistline tell you it's time to diet? The more often you eat fast foods it is so, says the statistic.

So, how did our society become so fat?

"Well, if you think about children and teenagers, it is mostly because they are not active," said Linda Stangor. "There is more TV each year and kids are sitting more."

High fibre cereals and fruits are recommended, but many people are not eating them. "There is more fast food in the diet than there is fruit," said Stangor.

There are two things you can do to lose weight, she says: eat less and move more. "If you eat less, you can lose weight," she says. "If you move more, you can lose weight."

Stangor says that many people are not eating enough fruits and vegetables. "There is more fast food in the diet than there is fruit," she says. "There are more people who are not eating enough fruits and vegetables."

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We come in all shapes and sizes

The Shaping Through a Supportive Environment (STSE) program is a new initiative at the University of Waterloo. It is designed to help people who are overweight or obese to lose weight and improve their health.

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Waterloo church offers free meals to hungry post-secondary students

By JACQUE LINCOLN

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adults, parents and co-workers of the students at the Waterloo Protestant Assembly says.

"We know that the students who are hungry are not getting enough food. We want to help them. We want to help them."

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Waiting for the fish to bite on a cold winter day

By JASON WOOD STON

Catching fish is the one thing in life that's always been around. The only thing that's changed is the way you catch them. It's a good way to spend a Saturday morning. There's no other way to do it. It's a good way to spend a Saturday morning. There's no other way to do it.

For his first day out, fishing, John (Dad) and John (Dad) went to the lake. It was a good day. It was a good day.

The same man, John (Dad), was out there. He was out there. He was out there.

After waiting a while in the sun, the two men started fishing. They were out there. They were out there.

The first fish was a small one. It was a small one. It was a small one.

John began to catch fish and fish.

"I've never caught any fish before," John said. "I've never caught any fish before."

Upwards of 115 people were



Photo by Jason Wood Ston

Richard Joffe of Cambridge was out for fish to catch while ice fishing at Shaker Lake Conservation Area on Jan. 11.

Study a while during the winter. It's a good way to spend a Saturday morning.

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Kitchener teens nabs the spotlight for doing stunts

By MICHAEL W. BARRY

Although they don't want to be famous, three teens from Kitchener, Ont., have found fame in the city of Kitchener.

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Photo by Dan L. Lefebvre

Racing through the snow

A popular event called the Canadian Snowmobile Racing Association's annual snowmobile race in Owen Sound. The race is held in Owen Sound, Ont., and is held in Owen Sound, Ont.

New Session Starts in January

CALLING ALL GLBT STUDENTS

- Looking to meet new people
- Looking for people who you can relate to
- Looking to tell others about the community
- Looking for a place to express your views

They relate out to meetings of
GAY LESBIAN BISEXUAL TRANSGENDERED STUDENTS

and see what it's all about.

Location: Room 100
Date: Thursday, beginning January 11
Time: 4:00pm
For more information, and more locations, contact: David at 204-265-1111 or david@glbtq.org

Want to make a difference for the students at Conestoga College?

CSI President: Your name here

*Do you have what it takes to give your time
and energy to help other students on campus?*

CSI Vice-President: Your name here

*Do you like to travel, meet new people,
make decisions and do you want to boost
your resume?*

CSI Vice-President: Your name here

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*Do you want to help change things for
students at Conestoga?*

You could be one of the lucky four who
has the privilege of helping the students of
Conestoga.

If the answer to all these questions is yes,
then you should get involved with CSI

Every year, Conestoga Students Inc. holds
annual elections to fill its executive positions.
Interested candidates are encouraged to come
to the CSI office and pick up their nomination
packages.

Positions available are the full-time president and
three vice-president positions.

Nominations begin January 26 and run through
to February 10. Candidates can begin to cam-
paign on February 10 through to February 22.

Elections will be March 3 - 5

VOTE!

CSI elections are coming.
What are you doing?
Where will you be?

**CONESTOGA
STUDENTS INC.**

WWW.CONESTOGASI.COM

CSI Events for February 2003

Enjoy Free Pleasure and other awesome festivities provided by your student association!

**CONESTOGA
STUDENTS INC.**

February 3	February 4	February 5	February 6	February 7
		Davis Ann Comedy at the Sanctuary (11:30 - 12:30)	CSISA Valentine's Get Bash	CSI Hooky Trip Vancouver/Consume at Buffalo Sabres
	Twisted Tuesday			
February 10	February 11	February 12	February 13	February 14
Healthy Lifestyles Week	Healthy Lifestyles Week	Healthy Lifestyles Week	Healthy Lifestyles Week	Valentine's Day
Healthy Nuthin' Day	Dating Girl with Jazzy Wiggle		Norman Macdonald "I Don't Understand Women"	Sealed With A Parent Kiss
	Twisted Tuesday			
February 17	February 18	February 19	February 20	February 21
	Mike Mc Comedy in the Sanctuary (11:30 - 12:30)			
	Twisted Tuesday			
February 24	February 25	February 26	February 27	February 28
Reading Week at Daytona Beach with Breakaway Tours	Reading Week at Daytona Beach with Breakaway Tours	Reading Week at Daytona Beach with Breakaway Tours	Reading Week at Daytona Beach with Breakaway Tours	Reading Week at Daytona Beach with Breakaway Tours

**Check the Id Boards
for more info!**